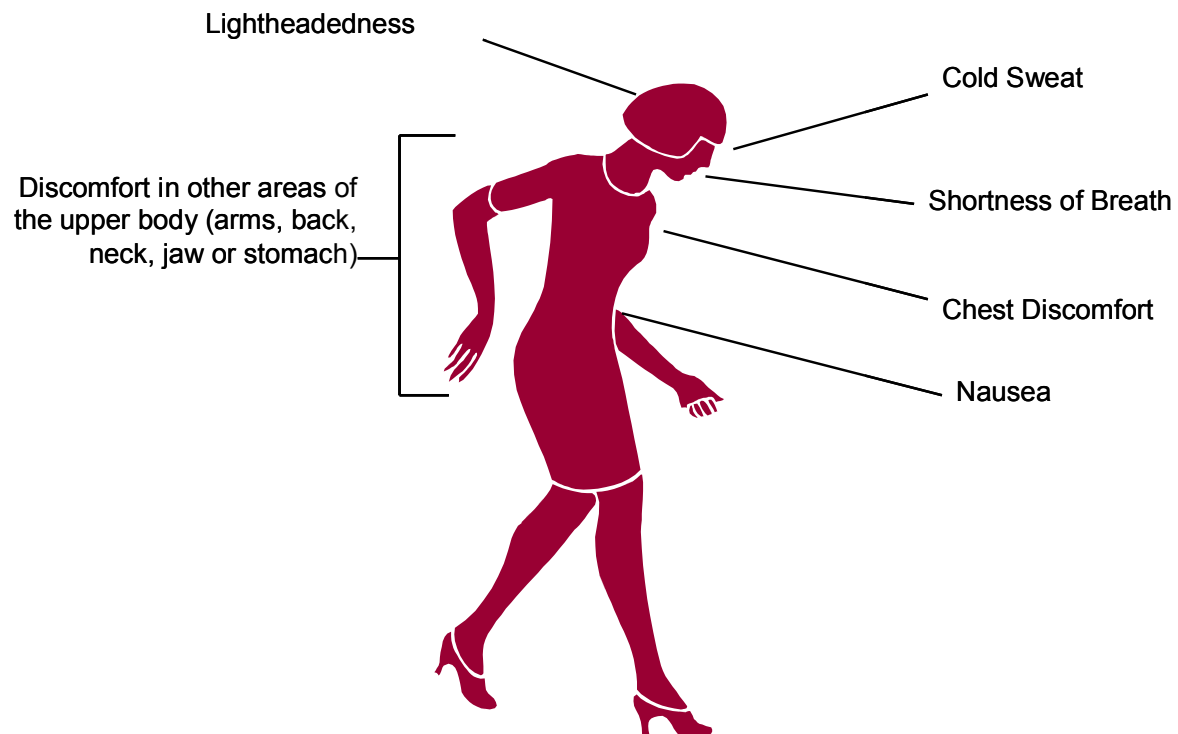


SIGNS AND SYMPTOMS OF HEART ATTACK & STROKE

Heart Attack

A heart attack or myocardial infarction, occurs when the blood supply to part of the heart muscle is severely reduced or stopped. This occurs when one of the coronary arteries (the arteries that supply blood to the heart muscle) is blocked by an obstruction, often plaque buildup on the artery wall, or by a blood clot. As a result, heart muscle cells do not receive enough oxygen and begin to die. This can cause irregular heart rhythms or even sudden cardiac arrest or stopping of the heart beat. Death can result, which is why it is important to be able to recognize the signs and symptoms of a heart attack and call 9-1-1 immediately

Signs and Symptoms of a Heart Attack

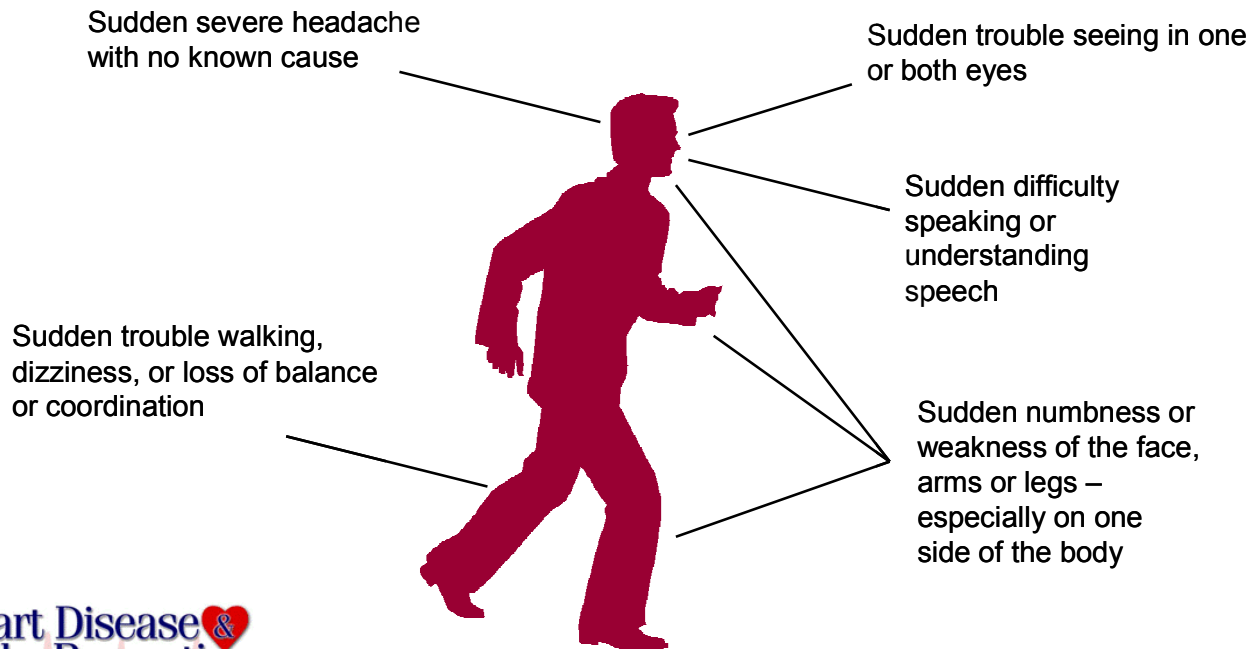


Stroke

Stroke is one of the most preventable of all life-threatening health problems, provided that you pay proper attention to lifestyle and medical risk factors, such as smoking, high blood pressure, cholesterol and diabetes. Furthermore, treatment exists to help minimize the effects of a stroke; however it must be given within **3 hours** of the first symptom. So it is important for people to be able to recognize the symptoms of stroke and seek emergency medical attention. Recognizing stroke symptoms can be easy if you learn to think **F.A.S.T.**

F = Face	Ask the person to smile. Does one side of the face droop?
A = Arms	Ask the person to raise both arms. Does one arm drift downward?
S = Speech	Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
T = Time	If you observe any of these signs, then it's time to call 9-1-1 .

Signs and Symptoms of a Stroke



Heart Disease & Stroke Prevention

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